



Peanut Butter, Banana, and Honey Sandwich



Vegetarian



Dairy Free

READY IN



3 min.

SERVINGS



3

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

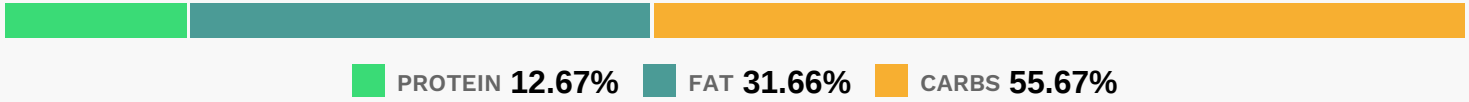
- ☐ 0.3 medium banana sliced
- ☐ 1 tablespoon crunchy peanut butter spread reduced-fat
- ☐ 0.8 teaspoon honey
- ☐ 2 slices sandwich bread whole wheat

Equipment

Directions

- ☐ Spread peanut butter spread evenly over 1 slice of whole wheat bread. Top evenly with banana slices.
- ☐ Drizzle evenly with honey. Top with remaining slice of whole wheat bread.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.61, Glycemic Load:7.69, Inflammation Score:-1, Nutrition Score:3.3908695698432%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 90.49kcal (4.52%), Fat: 3.29g (5.07%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 11.97g (4.35%), Sugar: 3.97g (4.42%), Cholesterol: 0mg (0%), Sodium: 105.59mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Manganese: 0.22mg (11.13%), Vitamin B3: 1.59mg (7.96%), Folate: 25.41µg (6.35%), Selenium: 4.42µg (6.31%), Vitamin B1: 0.09mg (6.21%), Fiber: 1.07g (4.28%), Magnesium: 15.72mg (3.93%), Iron: 0.69mg (3.86%), Calcium: 38.16mg (3.82%), Phosphorus: 38.08mg (3.81%), Vitamin B6: 0.07mg (3.71%), Vitamin B2: 0.05mg (3.16%), Copper: 0.06mg (2.99%), Potassium: 95.35mg (2.72%), Vitamin E: 0.38mg (2.55%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.18mg (1.83%), Vitamin C: 0.86mg (1.05%)